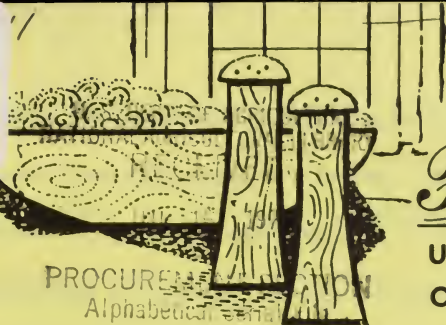


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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION WASHINGTON, D. C.

June 11, 1973



The key to successful baking is to use exact measurement of ingredients—use the right tool and the right method.

\* \* \*

If you're measuring liquids — use a measuring cup with space above the 1 cup line to be more accurate and avoid spills. You might also set the cup on a flat surface to check the measure at eye level. A little bit too much—or too little—can make a big difference.

\* \* \*

Dry yeast may be stored for several months in a dry, cool place. But—compressed yeast is perishable and should be stored in the refrigerator and used within a week, according to USDA.

\* \* \*

There are maximum storage times recommended to assure high quality in baked foods held in a freezer at 0°F. Three months for white bread and plain rolls, and eight months for unbaked apple, berry, cherry, and peach pies.

\* \* \*

Small amounts of vitamin D are present in egg yolk, butter, liver.

## Special Feature in This Issue:

- 1,2 "The Family Food Bill"
- 3 "Food At Home" Chart\*
- 4 Nutrition Program and Smoke Flavoring

\* Chart to be revised monthly to appear as feature in Food & Home Notes

## GROCERY SHOPPING—

### How Much Should You Spend?

No one can tell homemakers exactly what they should be spending for the family groceries each week—no way! But—there are guidelines they can use to judge if their grocery bills are out of line for the family size and income.

Guidelines, in the form of monthly estimates made by U.S. Department of Agriculture's Agricultural Research Service (ARS) on the cost of food eaten at home, show that a family of four with two elementary school children average from \$36 to \$58 per week, depending on which of three basic USDA food plans the family follows. On the low-cost food plan, our hypothetical family spent \$36.70 per week in April; \$47.30 on the moderate-cost plan, and \$58.10 on the liberal plan.

These three food plans reflect the buying practices of U.S. families with low, medium, or high incomes. All plans allow for meals that are, of course, well balanced nutritionally. The major difference is that the lower cost plans include larger quantities of inexpensive sources of nutrients—such as potatoes, dry beans, peas, bread, and cereals—and smaller amounts and less expensive kinds of meat, poultry, fish, fruits, and vegetables. MORE →



The USDA plans are widely used as an educational tool in teaching food money management, and as a guide for estimating potential demand for agricultural products. Now, at a time when families are coping with rising food costs and—wondering if what they spend makes sense—these plans provide useful guides to help them make better decisions on spending.

The table shows the cost of the three food plans for four types of families who prepare all meals and snacks at home. The cost for any family can be figured by totaling costs for every member of the family as shown in the table (page 3). Complete instructions for use are contained below the table. The costs shown, however, do not include amounts spent for such nonfood items as soap, cigarettes, paper goods or pet foods. They do include the cost of all food eaten at home, whether bought from the supermarket, from milk deliveries or from fruit or vegetable stands.

Obviously, most families are not going to spend the exact suggested amount. More or less may be spent depending on what foods are bought and where, how much ready-prepared food is used, whether some is grown in home gardens, how carefully the family plans and buys and the importance the family places on food relative to other needs.

Suggested Family Food Plans  
(depending on size and income)

<u>Family Size and Income</u>	<u>Food Plan</u>
1-2 person family	
\$2,000-\$4,000.....	Low-Cost
\$4,000-\$6,000.....	Moderate-Cost
\$6,000 and over.....	Liberal
3-4 person family	
\$4,000-\$8,000.....	Low-Cost
\$8,000-\$10,000.....	Moderate-Cost
\$10,000 and over.....	Liberal
5-6 person family	
\$6,000-\$10,000.....	Low-Cost
\$10,000-\$15,000.....	Moderate-Cost
\$15,000 and over.....	Liberal

Table 2 Average Cost of Food at Home for a Week (April)

FAMILIES	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Young couple . . . . .	21.90	28.00	34.40
Elderly couple . . . . .	17.90	23.50	28.30
Family of 4 with preschool children. . . . .	31.70	40.60	49.30
Family of 4 with elementary school children. . . . .	36.70	47.30	58.10
INDIVIDUALS			
Women			
20-34 years . . . . .	9.30	11.90	14.30
35-54 years . . . . .	8.90	11.50	13.80
55 years and over . . . . .	7.50	9.90	11.80
Men			
20-34 years . . . . .	10.60	13.60	17.00
35-54 years . . . . .	9.90	12.70	15.50
55 years and over . . . . .	8.80	11.50	13.90
Children			
1-2 years . . . . .	5.40	6.80	8.10
3-5 years . . . . .	6.40	8.30	9.90
6-8 years . . . . .	7.80	10.00	12.50
9-11 years. . . . .	9.00	11.80	14.30
Girls 12-19 years. . . . .	9.80	12.80	15.40
Boys 12-19 years . . . . .	11.40	14.80	17.80

Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- . For those eating all meals at home (or carrying some meals from home), use amounts shown.
- . For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- . For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones.

Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.



## RIGHT ON

## Expanded Nutrition

—with education

A low-income, Spanish speaking homemaker with 11 children has found that there is a world outside her small Texas home....a world she never dreamed existed.

It all started when an aide in Extension's Expanded Food and Nutrition Education program stopped by to see the homemaker. The aide told her that she had information on meal planning, nutrition, food buying, and preparation. The homemaker enrolled in the EFNEP program and the aide visited her every week to provide the information.

Months later -- the homemaker "graduated" and the aide asked her if she would like to help to reach other homemakers, who, like herself, had no idea that such help was available. The homemaker became a community leader and served as an inspiration to others in her neighborhood.

For more information about the programs, contact your local extension offices. Aides in Extension's Expanded Food and Nutrition Education Program are located in 1500 sites. They are a part of the educational system of Extension Service of the U. S. Department of Agriculture.

## USDA Clarifies Regulations

...on smoke flavoring in meat products

Federal meat inspection regulations will (on June 24) require processors who add smoke flavoring or artificial smoke flavoring to their meats to declare these additions in the ingredient statement on the label. Heretofore, regulations required the processor to state in the product's name that smoke flavoring was added but it did not clearly require an ingredient statement of the type of flavoring used.

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COMMENTS AND INQUIRIES TO:

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